



FOOD MENU

WELCOME

Welcome to our little cafe, The Beach Hut. We are predominantly a Seafood daytime café with a great bar!

We don't cook, we marinade, we mix flavours and select great ingredients. Our menu was born from our love of the Mediterranean. We don't fry or griddle. It's all about fresh ingredients here at The Beach Hut.

Please sit & enjoy the view. Watch the waves. Go for a paddle along our lovely beach. At key moments there will be a delay on food as our kitchen is small. If you are in a hurry, need to dash to catch a ferry, then please come back another time when you can sit, relax & enjoy you time.

KIDS

Kids are welcome at our cafe during daytimes. Please keep an eye on them and accompany them to the toilet as there is a gate to the Public footpath in the that area.

ORDERING

Please let us take your order at the table. Your food and drinks will be brought out to you. Please note all food comes out together.

ECO FRIENDLY

We have decided to return to eco friendly disposables for serving our food on. We source recyclable containers wherever possible.

DOGS

Dogs are welcome in our cafe and on the beach. We have provided dog hooks by each table. Please help yourself to dog bowls and water from the dog bar by the entrance. Please keep dogs on leads at all times.

BILLS

You are welcome to run a tab. If you move tables, please let our team know. That way saves much confusion when your food and drink is brought out!

PRICES

Like us all, we have faced rising costs for every element of our business. This means we have had to cost our food in line with these costs. On some foods we simply cannot reach the margin we need. So please can we ask you to bear this in mind. Seafood is expensive. We ask that you consider this before ordering.

TOILETS

Located up on the upper bar level. Walk past the bar and through the door covered in greenery.

FOOD ALLERGY OR INTOLERANCE?

If you have a food allergy, intolerance, or coeliac disease – please WHEN YOU ORDER ask for a list of ingredients in your food and drink. We cannot guarantee there will not be cross-contamination of allergens as our kitchen is small and open. Should you have a SEVERE ALLERGY to any of the 14 allergens we cannot keep you safe. We ask that you try another venue.

GLUTEN FREE

No problem, but do let us know WHEN YOU ORDER. We will substitute our Ciabatta bread and our salad dressing.

**Any Problems
Just let us know!**



Forelands Beach, Forelands Field Road, Bembridge, Isle of Wight, PO35 5TR

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LUNCH MENU Served 12 – 3pm

We are predominantly a Seafood café. Our menu reflects this. All our food comes out together (light bites and main meals) All our meals come with Ciabatta bread. Let us know if you would prefer a Gluten Free roll when you order.

PLEASE NOTE OUR FISH We buy in hand picked local crab from a highly reputable local fishing family & wholesaler. This is a natural product and will on occasion have shell in it. Crevettes are giant prawns. They are not fished locally, they come in from far, far away. Smoked salmon on occasion may have bone in it.

ALLERGIES – please let us know of any food related allergies, celiac or intolerances when you order. We do work in a small open kitchen. We have a full list of allergens in our kitchen, just ask if you wish us to check our ingredients.

LIGHT BITES

All served with bread, please let us know if you require gluten free bread as an alternative when you order,

Loaded hummus (V) £9.00

Hummus, topped with marinated olives & roasted red peppers

Mozzarella & tomato salad (V) £12.00
drizzled with basil oil.

Our Tiger prawn cocktail £15.00
Our house zingy prawn cocktail.

Smoked trout & horseradish creme fraiche £15.00

Pieces of smoked trout fillet with horseradish creme fraiche.

Marinated anchovy fillets £7.00

SEAFOOD SPECIALS

All served with Ciabatta Bread

Smoked Salmon & Crab Salad £22.00

Salad bowl topped with smoked salmon & handpicked local crab meat.

Crab & Lobster Picnic £20.00

A mug of warming French Lobster Bisque with a side of open ciabatta topped with a dollop of fresh handpicked crab and a drizzle of lemon crème fraiche.

Seafood Trio for one £25.00

Smoked trout fillet with horseradish crème fraiche, a mini prawn cocktail & crevettes. .

SEAFOOD PLATTER* £75.00

Our Speciality! (Shared between two)
A bit of everything...

2 pots of local handpicked crab
2 mini prawn cocktails
Crevettes, Scottish Smoked Salmon
Smoked Trout, Marinated Anchovies
Bucket of bread. Salad & dips.



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Ciabattas

All served with a handful of crisps

Zingy Prawn mayo ciabatta £12.00

Smoked salmon £12.00

With lemon crème fraiche, cucumber ribbons & leaves

Chicken & Bacon £10.00

Chicken breast, crispy bacon, tomatoes, leaves, mayo.

Traditional Ploughmans £9.00

Cheddar, chutney, tomato, leaves, mayo

Coronation Chicken with leaves £12.00

Hummus, roasted red peppers, leaves, cucumber and falafel £10.00

Kids menu

Little box with mini sandwich

Cheese

Cucumber

Smoked salmon

Or slice of cheese and tomato pizza

Or pot of hummus and bread

With a pot of cucumber and tomatoes

Bag of Pom bears crisps

Piece of fruit

Carton of juice

All for £6.00

Desserts

Warmed Waffle £6.50

A warmed Belgium style waffle. Topped with a couple of scoops of vanilla ice cream, fresh strawberries & cream. All finished with chocolate sauce. (GF version is available, but it's a little smaller)

Warmed Chocolate Brownie with clotted cream £5.50

finished with chocolate sauce and a strawberry (GF)

Ice creams & choc ices

Fancy something a little bit more refrained, then please pop upto the bar to see what's on offer today.

Cakes

Ask us for todays selection



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